



### *Coaches Report 2013/2014 Season*

On the competitive front since last year's AGM

#### **Junior League 2013**

Rd1 at Walsall 2nd Place

Rd2 Leamington 2nd Place

Rd3 Leamington 2<sup>nd</sup> Place

Finishing 5<sup>th</sup> in league.

Sept 2013 Junior League Final at Central Baths finished 5<sup>th</sup> from 6 (best turned out club)

#### **Junior League 2014**

Rd1 Leamington 1<sup>st</sup> Place

Rd2 Rugby 2<sup>nd</sup> Place

Rd3 Leamington 28th June

#### **Mercian League 2013**

Rd1 Tudor Grange 1<sup>st</sup> Place

Rd2 Leamington 2<sup>nd</sup> Place to Coventry

Rd3 Final Nuneaton 2<sup>nd</sup> Place to Coventry

#### **Mercian League 2014**

Rd1 Leamington 1<sup>st</sup> Place

Rd2 Leamington 14<sup>th</sup> June

#### **Arena League 2013**

Rd1 Leamington 1<sup>st</sup> Place

Rd2 Abbey Stadium Redditch, 3<sup>rd</sup> Place behind Derby and 1 point behind 2<sup>nd</sup> place Redditch

Rd3 Nuneaton 3<sup>rd</sup> place

#### **June 2013**

The following swimmers qualified for the Midland Age Group Championships at Coventry:

Finn Linton, Megan Stanton, Teigan Parker, Felicity Dempster, Harry Manship, Kieran Curran, Georgia Kidd

26 swims achieving 23 pbs

Cardiff International Open Meet as Team Mercia

9 swimmers achieved 24 pbs

Finn Linton selected to represent West Midland at ESSA Nationals at Liverpool.

Megan Macdonald qualified to represent GB at the European Youth Triathlon Relays in Holland.



## **July**

Braunstone Sprint Open Meet.

21 swimmers achieved 44 pbs

Harry Manship & Finn Linton selected to represent Team Mercia in the 4x100 Medley Relay at the Age group National Championships in Sheffield.

Megan Macdonald becomes British Triathlon National Youth Champion.

## **September.**

In September we said goodbye to Jonty Cartwright who left for Leeds University with our best wishes.

Junior League Team head to Central Baths for Junior League Final finishing 5<sup>th</sup>.

## **October –**

Cov & Dist Primaries saw 237 new pbs

11 Final Winners

Sarah Timms and Harrison Astill 9yrs bagcat champions

Hannah Greenshield selected to represent Warwickshire - Champions div 2 (promoted to div 1)

## **Cardiff Swim Camp 2013**

We took 26 swimmers to swim camp in Cardiff supported by 2 coaches, 1 chaperone and 1 team manager.

4x2hr L/C sessions and gym session at Cardiff International pool.

White water rafting, bowling, quiz night.

Great time had by all.

Thank you to Ian Dennis

## **November**

Boldmere Open Meet 152 pbs

Top Visiting Club

Ruby O'Brien won ladies skins Final

Nuneaton Open Meet 23 swimmers achieved 37pbs

## **December**

Midland S/C championships as Team Mercia

11 swimmers qualified zero pbs. Slow pool?

Hannah Pickett, Hannah Greenshield, Sarah Brades, Sarah Smith, Jessica Nash, Ellen Stone, Amy Pettigrew, Ruby O'Brien, Felicity Dempster, Finn Linton, Harry Manship.

Felicity & Ellen part of 4x100 Medley relay set new Warwickshire record.

Northampton Open Meet

We took 11 swimmers as part of Team Mercia achieving 20 pbs

Ellen Stone Achieved her 100 & 200 Br National times



## **Jan 2014**

Introduction of new coaching Structure for Performance & Development

Ginger North Relay Gala finishing 2<sup>nd</sup> to Coventry by 8 points.  
Including 11x1<sup>st</sup> places and 9x2<sup>nd</sup> places out of 33 events

Crystal Open Meet at Central Baths Wolverhampton 39 swimmers achieving 79 pbs

Maxwell Open Meet at Aqua Vale Aylesbury 39 swimmers achieving 117 pbs

Zonal Meet at Corby International Pool as TM 6 swimmers achieving 21 pbs  
Felicity Dempster achieved her 400 f/c National time & Ellen Stone achieved her 50 br National time.

We all said goodbye and good luck to Finn Linton who left for Kelly College

## **February**

Cov & Dist Relays at Coventry

Achieving 11x1st finishing in the top 3 in 19 out of 28 races.

9yrs Boys & Girls A&B teams winning all races.

Well done and thank you to teachers and Reception coaches.

Peri Sprints 32 swimmers achieving 77 pbs

## **March**

Warwickshire Championships

77 swimmers achieved 203 pbs

Felicity Dempster achieved 200 & 800 f/c National times

Ellen Stone became Warwickshire Champion in all 3 breaststroke events. Going one better than 2013.

Nuneaton Open Meet

50 swimmers achieved 117 pbs

## **April**

Derventio Open Meet as Team Mercia

6 swimmers achieved 10 pbs

Leicester Open Meet

28 swimmers achieved 36 pbs



## **May**

Midland Youth Championships at Corby International Pool.

13 Swimmers:

Sarah Brades, Jack Dennis, Hannah Greenshield, Finn Linton, Harry Manship, Jessica Nash, Ruby O'Brien, Amy Pettigrew, Hannah Pickett, Sarah Smith, Maddy Spalding, Ellen Stone, Philip Warren achieved 54 qualifying times, compare to 3 swimmers achieving 7 in 2010.

The following swimmers also represented TM in the relays:

Ruby O'Brien, Hannah Greenshield, Ellen Stone, Harry Manship, Philip Warren.

Northampton Open Meet as Team Mercia.

13 swimmers achieved 22 pbs,

Special mention to Harrison Astill competing at Level 1 for the 1<sup>st</sup> time at 9yrs old finishing 2<sup>nd</sup> in 50 back.

Cov & Dist Secondary's

59 swimmers aged between 9yrs and 59yrs achieved 156 pbs.

Swim of the meet according to Mike Hartwell was Lily O'Brien's 200 fly in a time of 02.43.96.

Ian Dennis and I flew out to Croatia for a site visit prior to the 2014 L.S.A.S.C swim camp.

## **Looking ahead**

At the weekend the following swimmers will be competing at the Midland Age Group Championships at Coventry:

Teigan Parker, Sarah Chapman, Felicity Dempster, Kieran Curran, Evie Nicholas, Edward Jolly, Hymie Connell, Megan Stanton and Ronnie Harvey.

With Lily O'Brien and Aran Shuttlewood joining them in the Medley relays

Good Luck to all swimmers from everyone at L.S.A.S.C.

Good Luck to Ellen Stone and Felicity Dempster at the 2014 National Championships.

I would like to thank all of the coaches, teachers, poolside helpers, and all the volunteers whose help ensures the continued success of the Club.

Finally a special thank you must go to the committee whose continued support throughout 2013/2014 has been instrumental in the club's success.